

Dear Parent/Carer,

**Re. KS3 Food lessons, Year 7, 'Welcome aboard'**

I would like to take this opportunity to welcome your child back to school and to introduce some key information for the Food element of their timetabled DT lessons. All students in KS3 during the year follow the Design Technology carousel which includes Food, Resistant Materials, ICT, Textiles as well as our Maritime Futures curriculum during the autumn, spring or summer terms.

We recognise that Food is an integral aspect of all our lives and a healthy and nutritious diet is a key focus for us during the KS3 Food lessons. Our Maritime curriculum Food focused products are a part of our **'Welcome aboard'** theme. Students will develop their knowledge of ingredients including how, why and which foods are nutritious as well as developing their practical skills in the kitchen. These practical lessons are what I write this letter to you about with details to help you as a parent/carers to support your child with preparing for each Food lesson.

All students will cook. We work on the approach that students love to be in the kitchen 'making and baking' and that safe use of equipment in the kitchen will develop skills for life.

We have attached ingredients lists for the products your child will make. Each week we also put ingredients onto Show My Homework telling you the date they are cooking. Ingredients are portion controlled to ensure that we develop good knowledge of portion size, nutrition as well as ensuring we have time to cook the ingredients. Our 60-minute lessons work with these amounts of ingredients. We understand that after the lesson they can go on to cook these with greater quantities if they wish at home for the family.

Each week when cooking students will wear a clean full apron that will be provided for them as well as a freshly washed hat, to help them meet good food hygiene practices. A hair band for long hair is useful here. Please see below a **handy list for reference** of what your child will do on the day of cooking:

- Students **only bring in the ingredients and amounts required for the dish.**
- Students bring their **ingredients in a clearly labelled** plastic bag to the food room, **De13 from 08:15 on the day** they are to cook. Staff will greet them and help with ingredients to be stored safely and refrigerated.
- **A plastic sealable container of 1 litre that is clearly labelled with their name.** This will ensure that your child can safely store their product, for their return home.
- Students can **collect their food products from De13 at 2:45pm** at the end of the day, on the day of cooking. Staff will assist them to do this.
- Any food products left will need to be disposed of, to ensure food safety and provide us with clear storage for the next day's groups. We have up to 5 groups cooking on some days.
- We try to carry a small quantity of spares in case a student forgets their ingredients and will do our very best to help, however, as you will appreciate, it is not always possible for them to cook in this circumstance.

As you will understand, we are delighted to be in our kitchens and find that all our students enjoy 'making and baking', learning and building their skills for life as well as sharing with you the products they make.

If you require any further information about the any aspect of this letter or the food lessons, please do not hesitate to contact me [agreen@cowesec.org](mailto:agreen@cowesec.org). Shared communication is at the heart of us working together as a community.

Yours sincerely,

Mr A Green  
Deputy Director of Learning,  
Design and Technology

## Year 7 Food practicals 'Welcome aboard'

### Fruit Smoothies

- 1 Banana
- 1 Apple
- 1 Orange

**CEC will provide:** 4 Strawberries

### Jam Tarts (6)

- 100g Plain Flour
- 50g butter or margarine

**CEC will provide:** 6 tsp Jam

### Pizza (Toast)

- 1 slice of bread /or ½ a baguette
- (NOT PART BAKED)

Toppings of your choice: these could include

- Cheese
- Peppers
- Mushrooms
- Ham
- Pepperoni

**CEC will provide:** Tomato puree

### Crudites with a yogurt, herb & garlic dip

- 1 Carrot
- ½ pepper
- ¼ cucumber
- 1 other item of your choice

**CEC will provide:** 1 tbs Yogurt; Herbs; 1 clove garlic

### Bolognese

- 50g mince beef
- 1 shallot/1/2 small onion
- 100g tin tomatoes

**CEC will provide:** 1 clove garlic; 1 tsp mixed herbs; Tomato puree; Water

### Some useful reminders:

- Please bring a suitable container that seals. 1 litre is a good size. Make sure name on the container.
- Please inform us if you wish to substitute ingredients for Vegetarian/Vegan or allergens.
- Bring all ingredients in a named bag to De13 (upstairs kitchen from 08:15 on the day of cooking).
- Your child will be given the date they are cooking through Show My Homework.

If in doubt, please contact or ask your Food teacher or email Mr A Green [agreen@cowesec.org](mailto:agreen@cowesec.org)